

FOR IMMEDIATE RELEASE

***got breakfast?*® Foundation Announces Silent Hero Grant Administrator**

Woodbury, NY, October 2, 2009 – The *got breakfast?*® Foundation, a non-profit organization aimed at helping feed the nation’s hungry children, has appointed Sonya R. Kaster, R.D., L.D.N., S.N.S, as its Grant Administrator. She will run its Silent Hero Grant Program that will award up to \$100,000 in grants to public schools, non-profit private schools and non-profit organizations participating in the national School Breakfast Program.

Kaster helped launch the grant program this week with its Request for Application (RFA) which will remain open until December 1, 2009. She notes that while 18 million low income children participate in the National School Lunch Program each day, only 8 million participate in the School Breakfast Program. “Where do those nearly 10 million children eat breakfast?” asks Kaster. “The Silent Hero Grant Program is one way to encourage and reward those institutions that see the need to serve a nutritious breakfast at school.”

The mission of the *got breakfast?* Foundation is to ensure that every child, regardless of background, starts the school day with a nutritious breakfast in order to learn, grow and develop to his or her fullest potential. It aims to increase access to breakfast programs to help fight obesity, raise test scores, and improve overall health.

Kaster, a wellness consultant, will also be working to form partnerships with decision-makers in the school breakfast arena in order to help raise awareness of the importance of serving breakfast at school. “In addition to the grant money, millions of dollars in federal funding for the School Breakfast Program go unused each year – money that would feed millions of hungry children at little or no cost to schools.”

Kaster previously served as the Community Nutrition and Fitness Director for the Oliver Foundation, a non-profit cooperating foundation based in Houston, Texas. As a Registered Dietitian she worked for various school districts in Texas. Her background includes operations, buyer, menu planning, and nutrition education at all levels, from students to parents and administrators.

Kaster earned a B.S. in Human Nutrition and Foods from University of Houston on and completed her dietetic internship there as well. She also obtained the School Nutrition Specialist certification from the School Nutrition Association.

For information about the *got breakfast?* Silent Hero Grant Program or to obtain an RFA, contact Kaster at [info@gotbreakfast.org](mailto:info@gotbreakfast.org) or visit the [www.gotbreakfast.org](http://www.gotbreakfast.org) website.

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